

# THE WASHINGTON HERALD PAGE FOR EARLY WOMAN

EDITED BY JULIA CHANDLER MANZ

## DELECTABLE MENU FOR TO-MORROW

The Recipes Given Have All Been Tested.

**BREAKFAST.**  
Marmalade in Shredded Wheat Baskets,  
with Flakes of Whipped Cream.  
Gumbo Oysters (fried gumbo).  
Sliced Tomatoes. Toast.  
Coffee.  
**LUNCHEON.**  
Thin Hamburg Patties, Parsley Garnish.  
Very Best Salad.  
(Fruit, vegetables, and marshmallows).  
Chocolate Frosted Biscuits.  
Iced Tea.  
**DINNER.**  
Lemonade in Cups.  
Salmon en Casserole, Saguenay Style.  
Radio Hoses.  
Boiled Potatoes. Green Peas.  
Raspberry Roll.  
Fried Gumbo—Cut the gumbo in pieces,  
roll in cornmeal, to which a little salt  
and cayenne pepper has been added, and  
fry in bacon or ham fat.

**Very Best Salad**—One sliced cucumber,  
three slices banana, four or five thinly  
sliced radishes, ten marshmallows cut in  
quarters, and one-half grated coconut;  
mix thoroughly; marinate with French  
dressing; place on plates; garnish with a  
few slices of radish and put a round  
marshmallow on each slice. Pour over the  
whole a chilled cooked mayonnaise.

**Salmon en Casserole**—Remove the skin  
and bone from a can of salmon, put the  
contents in a baking dish with some  
small pieces of cooked tongue, dots of  
butter and two tablespoons of water;  
then pour over it a glass of sherry wine  
or two tablespoons of tarragon vinegar,  
and bake slowly about three-quarters of  
an hour. A delicious fine flavor will be  
given to the salmon.

**Reducing the Temperature.**  
A piece of ice placed open in a room  
in which a patient with a high fever is  
lying will in hot weather reduce the  
temperature several degrees, and prove a  
greater boon for the sufferer than an  
hour of so of expensive cut flowers or  
jollies and marmalades, which the patient  
will not be able to eat for weeks.

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ALL OF OUR SERVICES ARE CUSTOM  
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MISSES' \$2.95, NOW \$2.25  
BOYS' \$2.95, NOW \$2.25

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The best dry cleaning plant in the city—"A Home Industry."

**FISHER**  
Will dye your linen suit a different shade.  
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Stops falling hair, relieves dandruff, soothes, and invigorates.  
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Slip covers in latest materials and patterns.  
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**HOMEMADE BREAD and PIES**  
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HOME COMFORT SCURRING MACHINE, one of the most wonderful inventions of the age. Self-feeding, self-drying, no wet hands, no dust, no noise, no time lost. Two-year-old child can operate it. For use on and down, fold under garments. \$2.00. HOME COMFORT CO.

**When Breaking Eggs.**  
Very frequently when separating the whites from the yolks of eggs, the yolks become broken and fall into the whites. Dip a cloth in warm water, wring it dry, and touch the yolk with a corner. The yolk will adhere to the cloth and may easily be removed.

## IDEALS CREDIT TO WOMEN

By JULIA CHANDLER MANZ.

I hope that every man in Washington read last week the word-pictures painted by women from every section of the country of the sort of men they would choose for husbands could they touch with a magic wand the men they have created for themselves in their imaginations, making them live through the eyes of a human life.

I confess they have been a revelation to me, for I had expected that the majority of women would at least include a goodly share of this world's goods in their masculine symphony, and considering the cost of all the things which go to make for creature comfort in this modern day, such a requirement might be looked upon without harsh criticism. But it has not been demanded either by the young girls who have described their "ideal," or by older women, many of whom are married.

**Want Love and Home.**  
The dominant note in the majority of the essays has been a home, peace, an understanding love, which proves the fallacy of the cry of many that the modern woman wants neither love nor home, but a career in the professional or business world.

Since the beginning of the "Ideal Man" contest last Tuesday morning I have received hundreds of pen pictures from so many women, and of them all not one has expressed a desire for any other life than that of a homemaker. Not one has said that she wanted to travel either the political, business, or professional path traveled by her "Ideal Man," save as his always interested home-partner, wife, and sweetheart.

The standard of manhood upheld by the women readers of The Washington Herald is high. Some of the descriptions submitted in the contest have been inconsistent. Many women have aimed at the stars, wanting angels where men were better, but in every instance the home-loving, maternal, thoroughly feminine instinct has predominated, which will be a sad blow to the man who wrote me the other day that women are losing all their femininity, and many other sour old bachelors like him to whom one secures for supreme selfishness as good as another.

Personally, I am proud of the women who have written me so frankly the sort of man they would want to marry. By its employment the service has been a and blow to the man who wrote me the other day that women are losing all their femininity, and many other sour old bachelors like him to whom one secures for supreme selfishness as good as another.

Every answer which has come to my desk of the contest question has been serious and has impressed me first of

all with its sincerity, which is rather a remarkable thing in a discussion which is extending now from coast to coast. Even the men who have asked the addresses of the authors of certain "ideals" have done so in all earnestness.

All of which is very pleasing and gratifying. The object of this contest is to get right down into the hearts of hundreds of women and learn their actual standards of manhood, and out the attributes they would give the "Ideal Man" could they create him for themselves.

The result is something to be proud of as there are still many others to be heard from, for the contest does not end until noon, Thursday, July 25, which gives readers who have not yet described their "Ideal Man" plenty of time yet in which to do so.

Conditions of the contest will be found elsewhere on this page to-day.

**FINE OLD LINEN THAT IS 6,000 YEARS OLD**

In one of the apartments at University College Prof. Flinders Petrie has placed on exhibition some remarkably interesting antiquities unearthed at Tarkhan, Heliopolis, and Memphis under the auspices of the British School of Archaeology in Egypt.

The great cemetery of Tarkhan, which occupied a mile of desert forty miles south of Cairo and which dates from the earliest historic age until the race of the pyramid builders, has proved to be a storehouse of antiquities.

What has struck Prof. Petrie is the extraordinary preservation of the woodwork and clothing unearthed from these places of interest. The linen, which is placed on exhibition is as fresh and as firm as when cut from the original length—and it is some 6,000 years old. So, likewise, with the woodwork, which in but few instances shows signs of decay. Here are boxes that served their purpose as funeral caskets, built of planks of acacia and sycamore wood, and as firm and secure as when lowered into the bosom of the earth in dim antiquity.

**Hamburg Roast.**

Take two or three pounds of round steak, chop fine in meat chopper, add one egg, one-half cup of oil or bread or cracker crumbs, salt, pepper and celery salt. Mix well, press into a deep cake tin to shape it and then turn out into the dripping pan. Pour a little melted butter over the loaf, put a little water in the pan and bake from half an hour to an hour. This will slice off fine and is delicious eaten cold.

**Answers All Serious.**

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## BLACK VOILE WRAP WITH GOLD BORDER

Showing the New Effect in Draping Garments.



The draping of this garment is characteristic of the newest effect in evening wear, the full drapery tapering toward the feet.

The material is black voile, with a gold border draped over a gold-colored silk lining. The dark edge seen in black velvet ribbon and the ornamental loop fastening is made of the gold-colored satin.

## COURTESY IN THE HOME

By FRANCES SHAFER.

There are many things other than charity that should begin right at home. There is courtesy, for instance. Because if we can be kind of heart and true of speech when there is nobody to hear but the home folk, who know us through and through, we shall be certain to stand the larger tests. For courtesy may be so deep-rooted that little showings of courtesy that are not to be seen by the world, but that there is not enough to encompass the home. Polish and charm for the stranger, the friend, the impatient, the sharp, and the discourteous for those who are nearest of all.

**Home Is Best School.**

We hear of schools of courtesy for the railway employes, the telephone operator, the salesman, and others, but the best school of all is the home.

And there is nothing quite so pretty or so significant as the little tricks of gentleness, from child to parent, those little showings of courtesy that are often a matter of training than of instinct.

Perhaps it is not the easy way for mothers to urge a spirit of courtesy when the motive underlying every act is to serve the little ones and to do a little more to contribute to their happiness. But it is the way that yields the best of all, because it is quite possible to do so much that it will all be taken for granted, with never a thought of return.

It is a pity that it is so, but most of children, and grown folk, too, take very naturally to service rendered them, and the greater the sacrifice and the effort to please, the more they come to be expected. If a mother gives all looking for nothing, she will surely come when the little lad or maid will extend courtesy, deference or service last of all to mother.

**Must Have Standards.**

It seems to be the way of human nature that we must have certain standards and maintain them, if we would be given the deference we think is our right. And so with the mother, if she expects her little ones to be as courteous, considerate and deferential to her as to passing strangers she cannot afford to let them think that nothing matters with her. It is love, but it surely is love gone wrong that dominates any mother when she permits a child to grow abusive in his small way, to call her unloving names, even double up his little fists and strike.

He does not do it with a stranger, partly through pride, largely because he knows the stranger would not tolerate it. And why should the mother?

We sometimes read very ugly records from police courts and we wonder at the unnatural manifestations. A sixteen-year-old boy strikes his mother—was it

hereditary, a vicious temper, a strange streak of insanity, or just plain badness? We do not always know what the records say, but if we could lift the curtain and slip back over the years that have passed, the chances are we would see a loving mother, but one whose idea of love was self-effacement. For it is not easy to believe that a boy trained to give even an outward showing of respect to a mother, upon all occasions, would ever reach the desperate point of striking her.

**The Natural Result.**

And one is sure it must hurt as cruelly as a blow to be a mother and see a son or a daughter polite, considerate, and very courteous to all but her. And yet that is the bitter fruit of too much given, too little expected in return.

With most of small folk there are times when things go wrong, when a spirit of irritability is in the very air, and they are cross without knowing exactly why. And sometimes it is well not to see or hear too much, but a mother who looks to the future will not close her ears to the discourteous, but sent loose toward her, the ugly comment, or the lack of respect. Because while they may miss the worst of their effect to-day, there will be a toll to-morrow, and a very heavy one it will be.

And the boy or girl, sweetly considerate, courteous, and ready with pretty little deference toward his mother is too wonderful a reality to let go by without a desperate struggle to hold on to the most beautiful of all manifestations from child to parent.

**Children's Food.**

The children, especially the boys, are a hearty race of people on picnic days in most cases, and they want a lot of food of the more substantial nature, such as fried chicken, corned beef, ham or clam chowder and other foods in which they can have a liberal hand as to providing, as well as the eating. Johnnie wants to catch the flies and if properly flattered, will find great delight in digging the clams, or at least picking them up as father digs them from the beach. The girls will enjoy picking berries, if there are any to pick, and then in helping to cook the food in the camping crudity which helps to make a true picnic of the very best possible kind.

**Cream Muffins.**

One pint flour, half teaspoon salt, two teaspoons baking powder, sifted four times, yolks of two eggs, beaten lightly, one and one-half cups cream, meat tenderizer, one egg white, beaten stiff, beaten whites of the two eggs. Bake in muffin pans and serve hot.

**AN ATTRACTIVE WAIST.**

There is a charm in every line of this attractive waist. Yet the model is one that any woman can carry out without difficulty. The sleeves are nicely tucked at the bottom and finished with a band cuff, or they may be made plain if so preferred. The round neck is collarless and is outlined with a band of insertion. All over the bodice, goods, or plain material may be used.

The pattern, No. 5661, is cut in sizes 22 to 42 inches bust measure. Medium size will require 2½ yards of 36-inch material, 4½ yards of 36-inch allover, and 1½ yards of insertion.

The above pattern can be obtained by sending 10 cents to the Pattern Department of The Washington Herald.

**LONDON SOCIETY'S SENSE OF HONOR**

It may be mentioned here that a number of London society women have discovered a neat way of solving the difficult problem of how to pay off their social obligations with little trouble or expense to themselves.

All that is required is to discover an aspirant to social success. Given the requisite of wealth the rest is easy, for both the aspirant and the lady who has "taken up" him or her, as the case may be, are anxious to give the party, regardless of cost. The other takes in hand the sending out of invitations. These, of course, go out in the name of the giver of the feast, but in the case of the aspirant, the card some such phrase as "Do come, it will be such a jolly party," signs her own name, and addresses it to her friends. Not infrequently it happens that the real host or hostess knows personally only the barest fraction of the guests.

**Charcoal in the Ice Box.**

A piece of charcoal in the ice box will take away the disagreeable "ice box" smell. If your ice box stands on the porch, where ants are apt to get into it, place a small piece of bacon or ham on the lowest shelf. It will attract all the ants, and you can easily remove them every day by removing the piece of bacon.

**Keep Soup from Ice.**

In very hot weather soup can be kept much longer by allowing it to stand in the kitchen, uncovered, than by placing it in a covered dish or jar in the ice box. The extremely cold temperature of the ice box is more apt to turn it sour than the heat of the kitchen.

## POPULAR OVERBLOUSE

The use of the overblouse is very extensive at the present time, as this is a practical garment, besides being a pretty idea. By its employment the service has been a and blow to the man who wrote me the other day that women are losing all their femininity, and many other sour old bachelors like him to whom one secures for supreme selfishness as good as another.

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## THE "IDEAL MAN" AS DESCRIBED BY WOMEN

Gives Mutual Confidence As the First Essential.

I ask, most of all, that my husband have the greatest confidence in me, and I confidence in him. Perfect trust is the foundation of happiness in married life. For with it suspicion and petty jealousies have no part in the relationship of man and wife. And he must love me, and love me in every way that the word implies, because I am his wife, a gift by divine right, to be honored, cherished, and protected. We shall be the most congenial of companions, and enjoy mutual diversions, or else indulge each other in love, or share the same ideas and opinions, or less respect the other's.

My husband must be full of decision and force; I must feel that I can go to him with all that perplexes me, and feel secure in his judgment and advice, even though it may not coincide with mine. Not that I wish him to absorb my individuality, and I become a nonentity, but he must be a man of character, and the attributes of a true man, that my life will be all the larger for his love and guidance.

And to crown our happiness he must love and protect his children for in them we can again live our lives, and when he and I have traveled the better part of life's road, we can together watch them treading the path we so long trod in love, trust, and confidence.

The pattern, No. 5660, is cut in sizes 22 to 42 inches bust measure. Medium size will require to make the garment as represented 1½ yards of 36-inch set and 1½ yard of 36-inch waist, or of one material 1½ yards of 36-inch goods.

The above pattern can be obtained by sending 10 cents to the Pattern Department of The Washington Herald.

**HOW TO REMOVE THE STAINS OF PERSPIRATION**

Now that warm weather is really with us, it is well to know the perspiration stains can be removed from any garment to which cold water may be applied.

Simply hold the stain under the cold water faucet and let the water run through until all signs of it are gone.

In cleaning silk or other delicate fabric stretch it over embroidery hoops or let two persons hold it out smooth; then sop the stain gently as the water passes through.

When perfectly clean, hang to dry. When removed; then hang to dry. Where the perspiration has started the color, of course, nothing will replace it.

In washing dress shields, soak fifteen or twenty minutes in cold water; then hold under the faucet until thoroughly rinsed, and dry in the shade. Washing in this way does not harm them in the least, and they are white as new.

**To Mend Gloves.**

White gloves especially have an annoying habit of tearing "at the last moment," when you haven't time to darn them.

To temporarily mend the rip, place a piece of courtplaster upon the under side.

This will neatly close the ripped seam and will wear for a long time.

**When Breaking Eggs.**

Very frequently when separating the whites from the yolks of eggs, the yolks become broken and fall into the whites. Dip a cloth in warm water, wring it dry, and touch the yolk with a corner. The yolk will adhere to the cloth and may easily be removed.

## CONDITIONS OF CONTEST.

What sort of man would you choose for a husband?

What characteristics does your ideal possess?

Two cash prizes are offered the two best essays not exceeding 300 words answering these questions, describing your ideal man.

Three dollars will be given the first best answer selected by three impartial judges. Two dollars in the second prize.

Essays must be written on one side of the paper only, and must have written at the top of the page the number of words contained therein.

The contest closes at noon Thursday, July 25. Prize winners will be announced the following Sunday.

Names will not be published where so requested.

of a tenderer side to his nature and also a well-developed sense of humor. He must not be an "easy mark" nor a chronic groucher. He must be first sure he's right, then go ahead, brooking interference from no one. He may smoke, but not drink. I should prefer that he be well liked among men.

But why dream? **MARY ELLEN.**

My ideal man must be a thorough and consistent Christian.

Consequently, his mother, sisters, or his wife or children will always be treated with kindness, courtesy, and respect, and will be loved.

A woman must have love from one who she calls lover or husband. To have this love a man's character must be good, and he must be exempt from all bad habits, such as drinking, gambling, and swearing.

Therefore, he needs to be a loyal Christian, at the same time receiving help and grace from a "Higher Power."

**ETHEL HATHAWAY.**

**THE PROPER WAY TO KEEP FOOD WARM**

To keep food warm is a very important detail, to which sufficient attention is not paid. First of all, food should never be put into the oven to keep warm. This is a common practice and a bad one. The kind of heat to which the article of food is subjected tends to dry the surface, sometimes to a leather, and to a crisp. This spoils the flavor and renders the dish unappetizing.

There is but one right way to keep warm. Put it upon a dish, plate, or bowl, according to its consistency; cover it closely with an inverted bowl, dish, or plate; make it as airtight as possible. Half fill with boiling water a pot or saucepan, into the top of which the vessel containing the food will fit; set it back on the stove where the water will be kept at boiling point, place the dish or bowl under it, and leave until required.

If this suggestion is followed, it will be found that most dishes can be kept for a while without losing taste.

Croquettes and all fried foods are the exception. By standing they become limp and soggy. If they cannot be fried at the last moment, they may be kept hot a short time in the front of an open oven.

**Use of Hot and Cold Drinks.**

Remember, that ridiculous though it sounds, cold drinks are healthier for the lungs in cold weather, before going out into the cold, and hot drinks are healthier for the stomach in hot weather just after coming in from the heat.

**To Avoid Pasty, Shiny, Streaked Complexions**

(From Beauty's Mirror.)

Those who abhor sticky, greasy, shiny, streaked complexions should religiously avoid creams, powders, and rouges heated days. There's no need for them, any way, since the virtues of mercurized wax have become known. No amount of perspiration will produce any evidence that you've been using the wax. As it is applied at bedtime and washed off in the morning, the complexion never looks like a make-up. Mercurized wax gradually takes off a bad complexion, instead of adding anything to make it worse. It has none of the disadvantages of cosmetics and accomplishes much more in keeping the complexion beautifully white, satiny, and youthful. Just get an ounce of it at your druggist's and see what a few days' treatment will do. Use like cold cream.

Another effective summer treatment—heat tending to cause wrinkles and babbings—is a skin-lightener made by dissolving 1 oz. powdered salicylic acid in 1 pt. water. It's new (as a face pack) leaves no trace.

## WHEN PLANNING FOR VACATION IN CAMP

Make Equipment as Light and Simple as Possible.

Frequently the pleasure of spending the summer vacation close to Nature is marred by the care and work incident to an elaborate camping equipment. The experienced camper, man or woman, starts with a light burden, while the individual who has reduced camping to a science, gets along with a tin coffee pot and a skillet, does all the roasting by holding a forked stick above a fire, and all the baking on hot stones buried under the fire. The cup, plate, knife, spoon, and fork are washed in a basin or dam constructed of small stones near the edge of the creek, river or lake, for it goes without saying that unless camp is pitched close to a body of water the carrying of that fluid will seem an onerous task. If a husband and wife compose the camping party, they can manage comfortably with an army tent of moderate size. This will adequately protect their stores and themselves in case of a heavy shower, and by using the tent's "fly" as an awning or detached roof directly above their hammocks, they will be protected from the night dews while the tent is pitched, and the tent will be the best of sleeping out of doors.

**Rubber-lined Blankets Best.**

Rubber-lined army blankets are the only covers advised for the out-of-door sleeper, as these resist dampness, and when soiled by contact with Mother Earth, the woolen portion may be detached from the rubber sheeting, and washed in the nearest body of water. Pillows are a tremendous comfort in a real camp, and to have plenty of them is easy, as only the covers of heavy crash, denim, or grumpy sackings need be taken into the woods, which will furnish filling material in the form of pine needles.

A pair of campers who wish to migrate from place to place, stopping for a day or a week at a time, should have a work horse that is strong enough to draw a substantial cart holding the provisions and their camp equipment, consisting of the two covered blankets, a rubber service for two people, and a fiber pall for carrying water. Instead of the small army tent, they will actually need only the "fly" or ragged sheet of canvas, which will be transformed into a comfortable bed by simply filling it with pine boughs.